

## Digital Training from AbilityNet

May / June 2026, Rev 01

The event will be at BT Offices (and the EE Office), 1 Braham Street, London, E1 8EE (East Aldgate). All the morning sessions start at **10.30am** (until 12.30). The afternoon sessions all start at **1.30pm** (until 3.30pm). People should arrive at least 15mins before the session starts to allow registration and then you will be guided to the relevant office space.

Attendees are encouraged to bring their devices. The sessions are a mixture of lecture and practical and any questions related to the agenda topic under discussion. But it will not be possible to answer general IT questions

All the sessions are free. You can register for any one of the sessions or for all of them. However the mornings will cover the basics of the topic and the afternoons will be different material, more advanced development of the same topic. Places will be on a first come, first booked, basis. 40 places max per session. If you've not registered for the relevant session (by the Google sign up form) you won't have a place.

As the places are limited, if you've signed up for a session but then can't attend, please let Derek Harwood know at: [webmaster.londonregionu3a@gmail.com](mailto:webmaster.londonregionu3a@gmail.com) and someone from the waiting list can then use your place.

If you want to attend please sign up for the particular sessions you want to attend on this form: [LRU3A IT Skills Training Spring 2026](#)

You will receive an email close to the timing of each session to confirm you have one of the places (or otherwise).

### PROGRAMME:

#### Friday 29th May

#### Artificial Intelligence - What does it means for me?

Morning:

- What is AI?
- How can I get started with AI?
- How can I do more with AI?

Afternoon: The same topic but at a more advanced level.

- How did we get here?
- Where are we?
- How has AI changed our lives?
- How will AI change our lives in the future?

## **Friday 5th June**

### **Building confidence with your device.**

Morning:

- The myth of the expert
- Sources of information
- Asking for help

Afternoon: The same topic but at a more advanced level.

- Sources of information
- Tips and Tricks
- Practicing failure
- Using tools to solve problems.

## **Friday 12th June**

### **About the internet / Internet Searches**

Morning:

- The theory
- How do I search the internet? Different search tools
- Understanding search results
- AI overviews
- Using AI tools to search

Afternoon: The same topic but at a more advanced level.

- Practical practise time